

SPARTAN-STYLE Wrestling Camp



2019 June 3-6, 5-8 p.m.

Dates July 8-11, 5-8 p.m.

Learn wrestling technique the Spartan way!

June 3-6: Takedown Camp

- “I shoot, I score. You shoot, I score.”
- Learn to be an offensive wrestler and “get your two” at every opportunity
- Get a preview of the offensive & counteroffensive system we’ll be incorporating next season

July 8-11: Top & Bottom Camp

- Learn how to score from either position
- Master turns, pins, reversals & escapes

Nightly schedule:

- | | |
|-----------|--|
| 5 p.m. | Warmup and technique instruction |
| 7 p.m. | Break (bring a drink and small snack if desired) |
| 7:15 p.m. | Live wrestling |
| 8 p.m. | Camp ends |

Eligibility:

Open to boys and girls entering grades **4-12**

Location: Francis Howell Central HS

5199 Highway N
St. Charles, MO 63304

Cost: **\$55** for one week
\$80 for both weeks*

Includes camp T-shirt
(except late registrations)

***You must sign up for both weeks at one time to receive discount.**

For more information:

Contact Coach Cross at:
FHC Voice Mail: 636-851-4684
Cell: 314-277-4109
steven.cross@fhdschools.org

Register by May 24, 2019 for first or both weeks, or by June 28 for week two only.

Register online at www.fhcsummercamps.com.